



Inspiration Sandwich: Stories to Inspire Our Creative Freedom

By Sark

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Inspiration Sandwich: Stories to Inspire Our Creative Freedom By Sark

Sark's first book, A CREATIVE COMPANION, has charmed all who come across it, so we were delighted when she came back to us with this collection of 43 ways to awaken your creative self—including "invite someone dangerous to tea," "take lots of naps," and "make friends with freedom and uncertainty." As the author puts it, "This book is food for your soul, and a bubble bath for your spirit. It is a guide to keeping your creativity alive, and I wrote it for you. In the SARK tradition, it was written while in pajamas, and in between naps. My first job was at age four as the wake-up fairy in kindergarten. I believe in waking up creative spirits." This colorful work also includes the complete text of her popular pieces, "CATS ARE ANGELS WITH FUR" and "DOGS ARE MIRACLES WITH PAWS."

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Editorial Review

About the Author

SARK is a writer, artist, and acclaimed teacher on the subject of creativity. She was featured on the PBS series Women of Wisdom and Power. She is a recovering procrastinator and perfectionist who practices what she teaches. SARK lives in a Magic Cottage in San Francisco with her cat, Jupiter.

Users Review

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